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# *The Blue Horizon*

**E Kokua Pakahi Kakou**

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December 2001

ISC Honolulu Work-Life Newsletter

Volume 9 Issue 12

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**MELE KALIKIMAKA  
& HAUOLI MAKAHIKI  
HOU!!!**

**MAY YOUR HOLIDAY  
SEASON BE FILLED WITH  
WARMTH, LAUGHTER, AND  
COUNTLESS BLESSINGS...**



**ALOHA,  
YOUR WORK-LIFE STAFF**

**LCDR Walt Wrzesniewski, Owen Norton, Jessica Dung, Mary  
Mansfield, Jeri Couthen, Shirley Caban, Wanda Allen-Yearout,  
Faye Garan, HSC Daniel Friedman**



Mission Statement: *Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention.*



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Yes, send me the Blue Horizon!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Mail to: Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398

## Other Family Services

### GUAM

Andersen Air Force Base (671) 366-8136  
Naval Station Guam (671) 343-2981  
Guam Red Cross (671) 344-9260  
After-hours (672) 344-9260

### OAHU

Hickam Air Force Base 449-2494  
COMNAVREG Pearl Harbor 473-4222/2220  
AMR 833-6831  
Schofield Barracks 659-1900  
MCBH Kaneohe 257-7787  
Red Cross (808) 471-3155

### Contracted Services

Employee Assistance Program  
1-800-222-0364  
GUAM and after-hours emergencies  
1-800-222-0364  
Military On the Move (MOM)  
Relocation Information Packages  
(800) 332-2053

Reach Coast Guard Work-Life staffs at 1-800-872-4957 followed by these extensions:

ISC Alameda	(252)
ISC Boston	(301)
ISC Baltimore	(225)
ISC Cape May	(629)
ISC Washington	(932)
ISC St. Louis	(302)
ISC Miami	(307)
ISC New Orleans	(308)
ISC Cleveland	(309)
ISC San Pedro	(311)
ISC Seattle	(313)
ISC Honolulu	(314)
ISC Ketchikan	(317)
ISC Kodiak	(563)
ISC Portsmouth	(305)



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The Blue Horizon is written and/or compiled by the Work-Life Staff, located at Integrated Support Command Honolulu, Sand Island.

*Comments and suggestions for future issues are highly encouraged! **Deadline is the 15th day of the preceding month.** Send Inquiries, submissions, and/or requests for copies to:*

**Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398**

**You can also send e-mail to: FGaran@d14.uscg.mil**

# Work-Life Satellite Office

From September 17<sup>th</sup> to November 20<sup>th</sup> the Work-Life Staff manned the Work-Life Center Satellite Office in the Red Hill Community Center. Someone was available for walk-in clients from 1300 to 1500, on workdays. We advertised this availability in many ways.

When the entire Work-Life Staff was located in trailers in front of the Community Center for five years, we often received walk-in clients from the Red Hill Community. When we relocated to the Work-Life Center on Sand Island in November 1997, our walk-in clients tripled, but they shifted to mostly active duty personnel, not family members.

Our decision to staff the Satellite Office was under discussion prior to September 11<sup>th</sup>. We wanted to reestablish a presence in the Red Hill Community, but we weren't sure what approach would be most effective...we could have events (like an afternoon tea for new parents), we could have trainings on weekends or evenings, etc. After September 11<sup>th</sup>, though, we decided that, as a minimum, we'd staff the office two hours a day. At the very least, we wanted to be available for people who were feeling the stress of our country's trauma. We wanted to provide someone with an open heart and a trained ear. Active listening is very therapeutic, and, if necessary, our staff can make appropriate referrals.

In the last nine weeks, however, almost no one has stopped by the office. Meanwhile, our regular workload has definitely increased. Because of this, we discontinued the staffing of the Satellite Office on 21 November. If anyone wants to speak with a Work-Life Staff member, and it would be more convenient or confidential to meet at Red Hill, just call us, and we'll arrange to meet at the Satellite Office.

We hope all Coast Guard family members understand that you are just as important as your active duty husband or wife. We serve all active duty members, reservists, retirees, civilian employees (GS, WG, NAF), Auxiliarists—and all of those people's families. The Work-Life Center is a very welcoming, professional workspace, and all of you are invited to use our services here. And, if necessary, we can meet at the Satellite Office as well.

We still intend to present Work-Life Program presentations at Red Hill. Several events are now in the planning stages. Look for upcoming announcements.

All of Your Work-Life Staff wishes you a holiday season filled with gratitude and kindness.

# Aftershocks: Coping With the Stress of Uncertainty And the “Holiday Blues”

By  
Ms. Jeri Couthen

*The Employee Assistance Program Coordinator (EAPC) provides preventive education in lifeskills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve their quality of life.*

Since the shock of the September 11 attacks, many of us have not felt like our old selves. The continuing tension of the conflict has made it difficult to soothe heavy hearts and jangled nerves; hard to speed our reaction time, to concentrate, sleep, and otherwise regain normal activity levels. For some people, the stress has worsened high blood pressure, emotional disorders, smoking, and overeating. Now to this we add in the holiday season--an especially stressful time of year for people far from loved ones and for those who tend to get the holiday blues. Our heightened sense of national unity may make this an especially meaningful holiday season--but there is no guarantee.

Holidays are a time when we focus our thoughts on what we hope for (toys from Santa, time with loved ones, world peace) but they also can provide a reminder of what we have lost. Including remembrances, prayers, and charitable giving in our holiday activities can provide some sense of comfort and acknowledgment of what is happening in our world today.

We, in the United States, are now joining many other nations in coping with an ongoing experience of fear. Handling this fear during the continuing campaign against terrorism is going to require a new kind of mental toughness--the ability to combine a readiness to respond to danger with a productive, even joyful, daily life.

I'd like to share some of the wide range of emotional and cognitive reactions you and those around you might be experiencing. And then I'll offer some

helpful suggestions for getting through the holidays and the coming months.

## Symptoms of Distress

The shock of the initial attacks left many people experiencing life in a haze, or with a sense of unreality. Hardest hit, of course, were people who lost loved ones, those whose lives were actually in danger, and the first responders. But the devastation also gripped those of us who were far removed, yet so shaken that our inner sense of safety and security (even now) feels permanently altered.

For most people the feelings of profound loss, dread, and vulnerability should have begun to recede within a month or so after the initial attack. But less obvious symptoms of strain (including irritability, sleep problems, changes in appetite, and difficulty concentrating) may persist or crop up later.

Talking about one's feelings with family, friends, and coworkers during the first weeks was perhaps the most important self-help step people could take. It's as if talking about traumatic experiences diminishes their disruptive power. We should continue talking to our family and friends--talk about everything: sports, movies, not just the attacks and their aftermath.

It's normal for people exposed to fear and horror to continue to re-experience the trauma in nightmares and to feel confused, anxious, or numb. That doesn't mean they have a mental disorder. Working through those reactions is what transforms people from victims to survivors. Many people find it useful to keep a journal of their feelings and to engage in pleasurable activities, such as seeing friends and pursuing hobbies

and other interests. Also helpful: prayer, spiritual practices, meditation, and exercise.

### How to Prevent the Holiday Blues

Under normal circumstances, it is common for many people to experience mild depression associated with significant holiday periods. This is often referred to as the “holiday blues.” With all that has happened this year, those “holiday blues” may be even more prevalent.

If you feel you might be prone to a mild depression around the holidays, there are a few things you can do:

**Keep your holiday expectations realistic.** Realize that there are limits to every occasion. You do not have to give or receive the best gift or throw the biggest party to be appreciated. Do what you can do to be comfortable with whatever there is.

**Give added attention to the things you enjoy.** If you enjoy being with relatives and friends on holidays, spend your time with them by making arrangements in advance. If giving gifts is enjoyable, make this time special by involving as many people as possible, perhaps drawing names to make it easier on everyone’s budget.

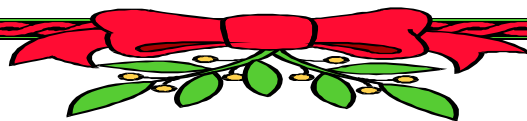
**Do not take on more responsibility than you can comfortably handle.** If you cannot handle the holiday meal yourself, perhaps another person can more easily

do it or assist you in the preparations. The key is to **tell someone** you need their help!

### Bottom Line Recommendations

- ◆ Mental and emotional responses to the attacks are to be expected and may be amplified during the holiday season. Stay informed, but try to keep your anxiety in check. Limit your news intake and find time for relaxing activities.
- ◆ Make an effort to maintain good health habits, including good nutrition, daily exercise, and avoidance of tobacco. Limit your caffeine, sugar, and alcohol intake.
- ◆ Allow friends, family members, and co-workers (and yourself) extra slack during this holiday season. Be understanding if they (or you) are more nervous, irritable, or angry than usual.
- ◆ Don’t rely on drugs or alcohol to resolve symptoms of stress or depression. Rather, seek professional help for any symptoms that are interfering with your ability to function.

For additional information or guidance, you may call the Work-Life EAP Coordinator at 541-1585 or you may call 1-800-222-0364 directly to arrange for free, confidential counseling services from the Employee Assistance Program.



## PREP (Preparation and Enhancement Program)

### Enhancing Your Marriage

What: A one-day workshop for couples on improving communication skills and resolving conflict

When: Saturday, 19 January, 2002, 0830-1500.

Where: KKH Community Center.

Cost: FREE!!! (The program will be limited to the first 15 couples that register)

To Register: Call Owen Norton at 541- 1582

Owen Norton, Family Advocacy Specialist, and Chaplain Dan McKay will facilitate this workshop. If you have further questions, please call Owen at 541-1582, or Chaplain McKay at 541-2076.



## Keeping Kids Calm During The Holidays

(Adapted from the *Teddy Bear Post*, a newsletter for parents of young children)

The holiday season with parties, special events, hectic preparations, shopping for gifts, expectations of families about what you should do, etc. can bring a high degree of stress. This stress can have an effect on children and parents. The following are tips that can help keep the holidays happy and you less distressed.

**Paying Attention to Appropriate Behavior** – During the holidays, as well as throughout the year, it works best to notice the good things children do and to praise them immediately when you notice positive behaviors. When you are out holiday shopping you may say to your child, “It’s not easy to go from store to store. You waited so patiently, I appreciate it.”

**Ignoring Minor Misbehavior** – Children who are tired, hungry, or excited may be whining or demanding. Generally it is a good idea to ignore these behaviors. Don’t take them personally. Try to see them as signs of distress and loss of control. Move to a less stressful environment to rest and regroup.

**Rehearsing** – Keep children informed about activities and what is going to happen and what you are expecting from them when they are at the activity. If you go shopping and the children need to come along, you might say, “We are going to three places and then when we are finished we can stop for a treat.”

**Choice** – Children like to make choices and feel better when they get to choose. After shopping you might let the children choose going to visit the pet store or going to the park as an activity choice.

**Transition** – Give your child advance notice. For example, “In ten minutes we are going to the airport to pick up Grandma and Grandpa.” With the warning, kids don’t get so stressed and they can finish what they are doing.

**Family Routines** - Keep the family routines as close to the same as possible, such as naptimes, mealtimes, bedtimes, even though things are hectic. Maintaining the family routines gives children a sense of structure and security.

**Develop Your Own Family Tradition** – give children an opportunity to help develop your family traditions. How will you decorate the tree or put on the lights? When will you open gifts? What will you do on Christmas Eve? What will you have for dinner? Who will say grace at Christmas dinner? One Coast Guard mother told me her father was in the Coast Guard and the children didn’t open gifts until Dad got home from duty because Santa only came when Dad was off the boat and home, so he could share he could share their happiness.

Even though the holidays can be stressful, they can also be the times children remember most. We can help make them fond memories. Have a terrific holiday season!





# Holiday Gifts for Kids to Make

By  
Ms. Mary Mansfield

*The Family Resource Specialist (FRS) provides direct and referral services in the areas of childcare, elder care, scholarships for dependents, special needs, and adoption reimbursement.*

**H**omemade presents from kids are cherished gifts. You don't have to invest a lot of time or money in homemade projects; you just have to have the spirit of giving and a few good ideas. Here are some gifts that, with a little help from an adult, kids will be happy to make and proud to give.

## Chocolate--Covered Goodies

Supply list:

- Goodies for dipping--miniature pretzels, dried fruit, wafer cookies
- Chocolate coating--large bag of dark or white chocolate morsels
- Topping--sprinkles, shredded coconut, chopped nuts, etc.
- Double boiler (if you don't have a double boiler, use a regular pot set in a frying pan of water.
- Cookie sheets



Choose the ingredient combination you like best, like dried apricots, dark chocolate, and shredded coconut. Place

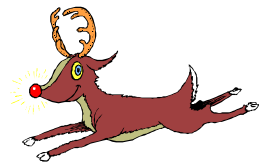
chocolate in top of the double boiler or a regular pot. Heat water over medium heat and place pot of chocolate over or in water. The water will melt the chocolate and keep it from burning. Stir the chocolate constantly while melting. BE CAREFUL. The chocolate will be very HOT. When melted, remove chocolate from heat and begin dipping. Use two forks or tongs to dip goodies. If chocolate becomes thick, add a little cooking oil. Place dipped goodies on a cookie sheet and sprinkle with toppings while the chocolate is still

warm. Place sheet in freezer for several minutes to harden chocolate quickly. Store in tightly sealed tins or bags for giving.

## Rudolph Door Mat

Supply list:

- Carpet samples – check local stores for free or low cost ones.
- Fabric paint--green, red, brown, and black
- Large red pom pom
- Glue
- Large plastic craft “goggle” eyes
- Old shoe



Paint the sole of the shoe brown and position on the carpet. Use plenty of paint and press hard so it will stick to the mat. This is Rudolph's face. Dip your hands in black paint and press one hand on either side of Rudolph's face. These are his antlers. Glue Rudolph's eyes and nose on his face after the paint has dried. Paint on a mouth. Now you can add your special touch--write “Happy Holidays” above his head, use the green paint to make holly leaves and red paint to make berries; use your imagination and Have FUN!

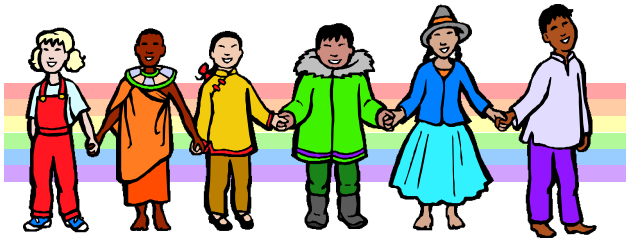
*Remember: Spending time with your children during the holidays is the best gift you can give no matter what age they are.*

**Mele Kalikimaka & Hauoli Makahiki Hou**

**Merry Christmas & Happy New Year**

# *US Coast Guard*

*2001 Honolulu Marathon Dec 9<sup>th</sup>*



## *Human Chain*

- Perform a vital service to the community by ensuring runner safety
- Earn brownie points by volunteering
- Cheer on your shipmates toward the finish line
- Get a frontline view of world-class elite runners
- Watch the sunrise along with ADM Utley
- Have a great (radical!) time...just ask anyone who's done it before

We provide all transportation and snacks. Bus leaves from the KKH Country Store 0430. Be there at 0415 to check in and receive your FREE Marathon T-shirt and ball cap.

Reserve your seat on the bus by email or voicemail with Jessica Dung, D14 Health Promotion Manager

mail to: [jdung@d14.uscg.mil](mailto:jdung@d14.uscg.mil) or call: 808-541-1583





# OAHU HOUSING CORNER

## FIREWORKS ARE PROHIBITED WITHIN THE HOUSING AREA



Please be aware that fireworks of any type are **NOT ALLOWED** within government housing. Please take advantage of the many local fireworks shows/displays happening around town to help us ring in a joyous New Year's Eve celebration. Check your local newspapers for times and locations.

## CHILD SUPERVISION



One of the most important objectives of the Coast Guard housing program is to provide a safe environment for Coast Guard families, and most especially, for your children. All children under the age of 18 must receive appropriate supervision at all times. Remember that absentee supervision does not begin until age 12 and may not exceed 24 hours for ages 16 and 17. Please see section 2.06 of the ISC Housing Handbook. This law applies to all dependent, guests, and visitors of members living in Coast Guard owned housing areas. As a reminder, the tennis court located next to the Country Store is off limits to children riding bicycles and cannot be used as a playground. When using the playground facilities, please be mindful that this area is available for the children's enjoyment. Please help us keep the playground area litter free by placing trash within its proper receptacle.



## FOURTH ANNUAL HOLIDAY LIGHTING CONTEST



Plan now to decorate the outside of your house, including the yard, with holiday decorations and/or lights. Judging will take place on 17 Dec 01. The judges will select one set of officer quarters and one set of enlisted quarters as winners from Phase I and Phase II. Please remember **SAFETY FIRST** and only use UL approved electrical lights and decorations. Please turn off all lights nightly by 2200. Please attach your decorations carefully so as to not damage your quarters. **Please do not staple or nail into the roofs.** If you have any questions, please call the Housing Office at 831-2766.



The ISC Housing/Maintenance Office would like to wish you and your family a safe and joyous Holiday Season. We look forward to continuing to bring quality service to our KKH housing community for the upcoming New Year.

**Merry Christmas and a Happy New Year**  
Mele Kalikimaka and a Hauoli Makahiki Hou

# FAMILY SUPPORT CENTER @ HICKAM AFB

Bldg 1105, 449-2494 or 449-6475

[www.hickam.af.mil/FamSup](http://www.hickam.af.mil/FamSup)

## **DEALING WITH DIFFICULT PEOPLE, Dec 5,**

**9:00-11:00 am.** Life can be fun and challenging. For those challenging times, join us in learning how to bring out the best in people. Try it on family members, co-workers, or customers. This workshop is designed to identify several types of difficult behavior and give you formulas for changing attitudes.

## **FAMILY READINESS BRIEFING, Dec 3, 10, & 17,**

**1:00-2:30 pm.** Create your own Personal/Family Care Plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, childcare, and car care.

## **INTERVIEWING WITH CONFIDENCE, Dec 11,**

**9:00-11:00 am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

## **LOOKING FOR EMPLOYMENT IN HAWAII, Dec**

**4 & 18, 8:30-11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

## **MONEY MANAGEMENT, Dec 5, 1:00-2:00 pm.**

This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

## **NEW TO HAWAII FINANCIAL BRIEFING, Dec 19,**

**1:00-2:00 pm.** Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam and introduce you to the services of the Personal Financial Management Program. Active duty members must register through their orderly room. All others, please call 449-2494.

## **PLAYMORNINGS, Tuesday-Friday Sessions, Dec 1-**

**19, 9:00-11:00 am.** Free and fun playgroups. Parents and children ages 1-5 are invited to join our early

childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required. Playmornings will not be held Dec 20-31.

**RESUME WRITING I, Dec 6, 1:00-3:00 pm.** The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market.

**RESUME WRITING II, Dec 20, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume Writing I, TAP Workshop, or equivalent training is required prior to attending this class.

## **SELF-ESTEEM: I MAKE A DIFFERENCE!, Dec**

**12, 9:00-11:00 am.** Achieve confidence, credibility, and composure. This workshop aims to help individuals identify and build their self-worth as well as recognize the positive differences they make in the lives of others.

## **SMOOTH MOVE, Dec 20, 9:00-11:30 am.**

Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

## **SPONSORSHIP TRAINING, Dec 6, 9:00-10:30 am.**

Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

## **VOLUNTEER ORIENTATION, Dec 6 & 20, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).**

Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

## **VOLUNTEER SUPERVISORY TRAINING, Dec 12, 11:30 am-1:00 pm (American Red Cross, Bldg 1113).**

Supervisors can make a difference in a volunteer's life!

# **Holiday Dining Survival Guide**

A Commentary by Capt. Amanda Sylvie, Nutrition Care Division, Tripler Army Medical Center

HONOLULU –Aloha! With the beginning of the 2001 holiday season, you may notice the dietary challenges that begin appearing on a daily basis. I would like to bring you a few ideas for “holiday survival” that may help you end the holidays feeling healthier and more “nutritionally well” than when the holidays began.

## **“First Aid Kit” for Holiday Survival**

- Take low fat snacks along when shopping to prevent yourself from overeating at fast food in the malls.
- Add 15 minutes to your exercise routine. Make walking before or after your holiday meal a new tradition.
- Drink 8oz water and 2 servings of vegetables an hour before a holiday party. Bring a healthy item to parties. Socialize and focus on people rather than the food.
- Keep in mind when eating at buffets that small “tastes” may add up to a lot of high-calorie food.

## **Cooking Techniques & Recipe Modification**

Fat free products do not automatically decrease caloric content. Choose lower-fat or fat-free dairy products, meat items, and condiments such as mayonnaise and margarine. However, fat-free desserts like cookies may not save many calories. To lighten the calories in your favorite holiday foods, try some of the following ideas:

- Light, dessert-style yogurts (ex. coconut cream pie) as a fresh fruit or pie topping
- Use applesauce or Lighter Bake to replace fat in brownies, muffins, quick breads
- Choose reduced-fat pie crusts and fat free sweetened condensed milk
- Use seasonal vegetables and fruits: winter squash, brussel sprouts (great when topped w/ teriyaki sauce), pumpkins, and cranberries (add to sauces, muffins, and sweet breads)
- Look for low-sodium sauces, bouillons and soups
- Substitute applesauce for the margarine (may need to slightly reduce liquid used in the recipe) in stuffing mixes
- For small dinners, choose a turkey breast rather than cooking a whole turkey

It is always fun to surprise your family with tasty creations from the kitchen. Start out by serving delicious spreads such as apple butter, roasted garlic or pumpkin butter over warm multi-grain bread. To lighten the mashed potatoes, use Butter Buds or Molly McButter and evaporated skim milk. Horseradish and/or garlic provide a rich flavor for your mashed potatoes, also. Hot apple cider provides a sensational aroma and is lower in fat and calories than liquors or eggnog.

Enjoy these recipes and contact the Nutrition Clinic (433-4950) if you would like more information on “Surviving the Holidays—Healthy Dining.”

### **Honey-Thyme Vegetables**

1 lb frozen mixed vegetables

2 Tbsp. Honey

¼ tsp. Dried thyme

½ tsp. Butter flavored granules

Combine ingredients in microwave container. Cover and microwave on high for 5-8 minutes, stirring halfway or until hot all the way through. *Serving size=3/4cup, 70 calories, 0g fat, 45mg sodium, 16g total carbohydrate per serving.*

### **Banana Nog**

4 bananas, peeled

1 ½ cups skim milk

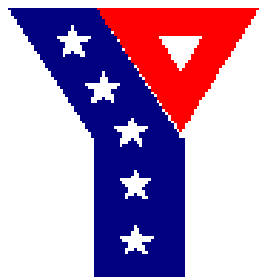
1 ½ cups plain nonfat yogurt

¼ tsp rum extract

pinch ground nutmeg\*

Add all ingredients *except nutmeg* to blender or food processor. Puree until smooth. Pour into 4 fancy serving glasses and top each with a \*pinch of nutmeg. *Serving size= 1 cup, 200 calories, 0.5g fat, 110mg sodium, 38g total carbohydrate per serving.*

Resource: The Holiday Resource Collection© Food & Health Communications, Inc.



**Armed Services YMCA/AMR**  
**December 2001 Calendar of Events**  
**1875 Aliamanu Drive, Honolulu, HI 96818**  
**Phone # 833-1185, Fax # 834-3631**  
**E-Mail: ASYMCAAMR@aol.com**  
**Open Mon-Thurs, 8:00am – 1:30pm**

**PLAYMORNING**

A mobile playgroup **free of charge** in community centers and parks. A great opportunity to share ideas, learn through play, make friends and have fun!  
**DECEMBER 24, 2001 TO JANUARY 4, 2002** – There will be no Playmorning due to Holiday Break. Playmorning will resume on January 7, 2002.

**THEME FOR DECEMBER--HOLIDAYS**

**LOCATIONS & TIMES FOR AMR :**

- ASYMCA Pavilion M, W, Fr 9:30-11:00
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

**LOCATIONS & TIMES FOR PEARLHARBOR:**

- Pearl City Penn CC Monday 9:30-11:00  
Thursday 10:30-12:00
- Moanaloa CC Tuesday 9:30-11:00
- McGrew CC Wednesday 9:30-11:00
- Manana CC Wednesday 9:30-11:00
- Catlin/Halsey CC Thursday 9:30-11:00
- Hale Moku CC Friday 9:30-11:00

\*\*\*NOTE "CC" stands for Community Center

\*\* AMR Playmorning is now held in our classroom.

**KINDERMUSIK**

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday. If interested, call Judy Wood at 624-2099. Classes and prices range by age, ages available are Newborn to 7 years.

**LAMAZE**

This class provides great information & instruction on everything you need to know about childbirth. The class meets every Thursday for 6 weeks from 7-9pm. The next class begins November 29, 2001 to January 3, 2002. Another class will begin on January 10, 2002 to February 14, 2002. E-5 and below are \$50, E-6 and above \$60. Pre-registration and pre-payment for the Nov. 29 to Jan 3, 2002 class required no later than November 15, 2001.

**T.O.P.S.**

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

**INFANT/CHILD CAR SEATS**

Have family visiting from out of town? Just got into town yourself? Loaner infant/toddler car seats are now available for those who need them. No charge, just an ID card required.

**WELCOME BABY**

This program provides home visitors who call on the families to-be to offer support and answer questions new mothers and fathers have about their new baby. This program is in conjunction with the Joint New Parent Support Program at Tripler AMC and the ASYMA.

**NOW OPEN!!!!!!**

**CHILDREN'S WAITING ROOM**

The Children's Waiting Room is a place where you can drop off your child(ren) if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00**

**KEIKI KARE BABYSITTING COURSE**

This class applies to children ages 10yrs. and up. However, only children 13 and up may be placed on our referral list. The class covers basic babysitting skills such as child development & child care, emergency preparedness, age appropriate games & toys, first aid and CPR training. For more information and dates please call us at 833-1185.

**IMPORTANT DATES TO**

**REMEMBER:**

1. December 24, 2001 to January 4, 2002 – There will be no Playmorning due to Holiday Break.
2. January 7 – Playmorning Resumes.

# Consolidated Refill Pharmacy officially opens for business

by Suzan J. Holl

Tripler Army Medical Center Public Affairs Office

HONOLULU – Tripler Army Medical Center's Consolidated Refill Pharmacy officially opened for business Nov. 6 with a ceremonial ribbon cutting. Maj.Gen. Nancy R. Adams, Tripler Army Medical Center's commanding general, and Col. Dennis R. Beaudoin, chief of Tripler's Department of Pharmacy, did the honors.

The refill pharmacy was created to help alleviate traffic congestion for those entering military installations where heightened security measures are in place. At Tripler, increased security measures have reduced the number of available parking spaces for patients and staff to park in.

Access to the refill pharmacy is easy, officials said. There are no hills or steps to climb and parking is right outside the door.

"Going to Tripler can be quite a walk for me," said retiree Thomas Danielson, who uses a cane. "I usually pick my prescriptions up at the Makalapa Clinic but this is much easier."

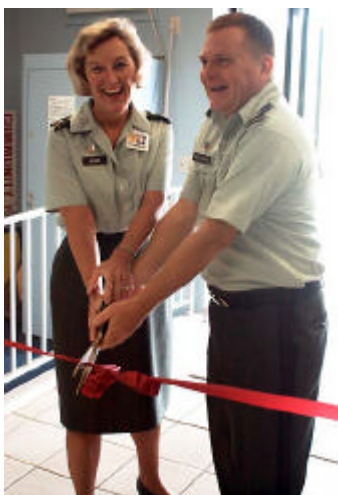
The location of the refill pharmacy is perfect for Navy First Class Petty Officer Leslie Thomas, who lives in nearby Radford Terrace. "I think this is great," Thomas said, "I can just swing by on my way home from work. It's like having a mini drug store right in my neighborhood."

"The refill pharmacy has a steady flow of about 40 to 50 customers a day representing all branches of service and military retirees. That's 40 or 50 less cars in line to get into Tripler," Beaudoin said.

The refill pharmacy is located at 3189 Nimitz Road, Building 4, just off Nimitz Highway, between Camp Catlin and Peltier Roads. Beaudoin said the current location on Nimitz Road is temporary and a permanent site will be located within the new Navy Exchange due to open in 2002.

The refill pharmacy site is open weekdays 10 a.m. - 6 p.m. excluding federal holidays. The site is for refills only, which must be called in the working day prior to pickup. To order refill prescriptions for pick up at the new site, call the Department of Defense Consolidated Pharmacy Phone System at 433-6962.

If patients have questions about the new pick-up site, please call the Tripler Army Medical Center Pharmacy at 433-7883.



*Open for business!*

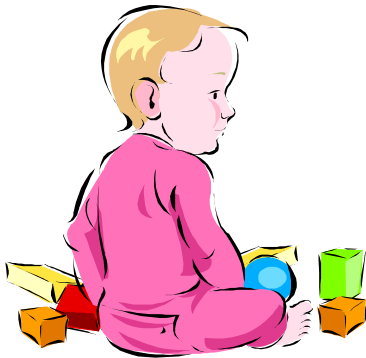
Maj. Gen. Nancy R. Adams, Tripler Army Medical Center's commanding general, and Col. Dennis R. Beaudoin, chief of Tripler's Department of Pharmacy, officially open the Consolidated Refill Pharmacy located on Nimitz Road Nov. 6. The new location provides easy access and quick service.

# Is Parenting a Young Child Harder Than you thought it would be??



## 1, 2, 3, 4 Parents can Help!!

In 3 sessions you can learn step-by-step skills to help you parent your child- one to four years of age.



Learn the discipline methods that work at these ages and stages, how to handle temper tantrums, and much more.

Session Dates: DEC 6th, 11th & 13<sup>th</sup>, 2001

Where: KKH Red Hill Community Center

Time: 6:30 pm—8:30 pm

Family Resource Specialist, Mary Mansfield will lead you through helpful videos, fun activities, and group discussions on parenting skills. You'll take home a Parent's Workbook, and Tips booklet to stay on track after the sessions are over.

Sign up today by calling Mary at 541-1584, or Faye at 541-1580.

Space is limited to 15 class participants.

For childcare needs, call the Work-Life Center for a SuperSitter list of certified teen-agers, or an In-Home Family Childcare Provider List (adults).